THEME 5: CALMING AND WORKING OUT PROBLEMS

Lesson .	13:	Mindful	movement
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 Date of Lesson:

Approximate length of lesson:

Name: ______

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0 1 2 I did NOT introduce Introduced the topic or address this objective. but did not explain or practice.	- 3 4 5 Introduced it & provided some explanation & some practice				6 7 Introduced it & provided detailed explanation & practice				
Lesson Objectives									
1. Introduced review of kindness garden, noticing others' kindness, acting kind ourselves, and taking care of ourselves and our feelings, and using our bodies to calm our feelings.	0	1	2	3	4	5	6	7	
2. Introduced moving like animals and noticing our bodies, thoughts and emotions while breathing and being mindful of our bodies.	0	1	2	3	4	5	6	7	
3. Introduced mindful movement with eagle, cat, snake/snail, and armadillo (clarifying what an armadillo is), frog, monkey.		1	2	3	4	5	6	7	
4. Introduced activities while demonstrating each movement and showing kids how to do the movement gently while breathing.	0	1	2	3	4	5	6	7	
5. Introduced slow natural breathing as move from one animal picture to another.		1	2	3	4	5	6	7	
6. Introduced animal movement with song "Animal Action I" and make sure that kids have enough space to move.		1	2	3	4	5	6	7	
7. Introduced finding a place to relax body and feeling each part of the body and using belly buddies.		1	2	3	4	5	6	7	
8. Introduced where on the body different feelings might be felt and how moving bodies and relaxing can help us calm down.		1	2	3	4	5	6	7	
9. Introduced concept: Movement helps us feel our bodies.		1	2	3	4	5	6	7	
10. Introduced concept: Movement can help us calm our emotions.		1	2	3	4	5	6	7	

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?

2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?

3. Did you modify or add anything?

4. What would you do differently the next time you implement this lesson?

THEME 5: CALMING AND WORKING OUT PROBLEMS

Lesson	<i>14</i> :	Forgiving	myself.
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 Date of Lesson:

Approximate length of lesson:

Name: ______

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0 I did NOT introduce or address this objective.	id NOT introduce Introduced the topic address this objective. but did not explain or practice.		3 5 Introduced it & provided some explanation & some practice			6 7 Introduced it & provided detailed explanation & practice				
Le	esson Objectives									
1. Introduced invitation of	f bell, GFW, and animal movement	0	1	2	3	4	5	6	7	
review with giraffe and ea	agle.									
2. Introduced "Down the	Road" and how girl felt and what she	0	1	2	3	4	5	6	7	
did when she had an accid	lent and how parents reacted.									
3. Introduced forgiving helps others and others feel better, put F		0	1	2	3	4	5	6	7	
= Forgiving on the wall.										
4. Introduced own story of accident to share with kids.		0	1	2	3	4	5	6	7	
5. Introduced that we all h	nave accidents, discuss emotions	0	1	2	3	4	5	6	7	
around accidents (e.g,. sad	d, embarrassed, bad, etc).									
6. Introduced when we have	we an accident saying I didn't mean it.	0	1	2	3	4	5	6	7	
or Are you OK?										
7. Introduced forgiving se	elf when have an accident, giving self	0	1	2	3	4	5	6	7	
an imaginary hug, and ha	ve kids give themselves a real hug -									
model hug with detail.										
8. Introduced invite the bell and introduced other age-		0	1	2	3	4	5	6	7	
appropriate theme songs i	related to forgiveness and accidents.									
9. Introduced concept: We all have accidents.		0	1	2	3	4	5	6	7	
10. Introduced concept: We can forgive ourselves when we		0	1	2	3	4	5	6	7	
have an accident.										

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?

2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?

3. Did you modify or add anything?

4. What would you do differently the next time you implement this lesson?

5. Are the activities in this week's lessons similar to activities you do as part of your other programming or Pyramid programming? That is, do you think there is major overlap?